



HEALTHY SNACK IDEAS



Snack	Portion Size	Calories	Fat (gm)	Exchanges
MUNCHIES				
Popcorn, air-popped	3 c.	80	1	1 starch
Animal crackers, FF	11 ea.	80	1.5	1 starch
Bagel with 1 tsp. FF cream cheese	½ small (1/4 large)	80	1	1 starch
Cereal, cooked	¾ c.	80	0	1 starch
Cereal, dry with skim milk	1 oz. cereal; 1 c. skim milk	200	0	1 ½ starch, 1 FF milk
Crackers, LF	120 calories (see box)	120	~3	1 ½ starch, ½ fat
English muffin, toasted with salsa	1	160	1	2 starch
Granola Bar, LF	1 oz.	~125	~5	1 starch, 1 fat
Matzo with light margarine	¾ cracker; ½ Tbsp. margarine	100	2	1 starch, ½ fat
Potato chips, baked	1 oz.	80	0	1 starch
Pretzels	1 oz.	90	1	1 starch
Rice cakes	2 ea.	70	0	1 starch
Tortilla chips, baked	1 oz.	80	0	1 starch
Trail munch (FF cereals, raisins, nuts)	1 oz. cereal, 2 Tbsp. raisins, 1 Tbsp. nuts	185	5	1 ½ starch, 1 fruit, 1 fat
Vegetables, raw, with FF salad dressing	1 c. vegetables, 2 Tbsp. dressing	25	0	1 vegetable
BEVERAGES				
Café au lait**	1 c.	80	0	1 sk. milk
Cocoa, SF	1 c.	80	0	1 sk. milk
Coffee	1 c.	0	0	Free
Fruit juice	3-4 oz.	60	0	1 fruit
Fruit shake***	1 ½ c.	140	0	1 sk. milk + 1 fruit
Grape Sippy	1 c.	90	1	1 milk
Herbal or flavored tea	1 c.	1	0	Free
Lemonade, SF	1 c.	5	0	Free
Soda, SF	12 oz.	1	0	Free
Vegetable juice	4 oz.	25	0	Free

Snack	Portion Size	Calories	Fat (gm)	Exchanges
SWEET TOOTH				
Fig bars	2	80	0-2	1 starch
Fruit, fresh	~1/2 c. or 1 small portion	60	0	1 fruit
Fruit, dried	~1/4 c. (or raisins: 2 Tbsp.)	60	0	1 fruit
Graham crackers (some have more fat)	3 squares	80	1-2	1 starch
Jello, SF	1/2 c.	8	0	Free
COLD BITES				
Frozen fruit bars, SF	1	60	0	1 fruit
Frozen yogurt, FF, SF	1/2 c.	80	1	1 starch
Ice cream, FF, SF	1/2 c.	80	0	1 starch
Pudding, SF (sk. milk)	1/2 c.	80	0	1 starch
Sherbet, sorbet	1/4 c.	80	0	1 starch

- * Using 1/2 Tbsp. light margarine (with 4 grams of fat per Tbsp.) provides 2 grams of fat.
- ** To make "Café au Lait", heat 1 c. of skim milk; mix in 1/3 tsp. instant coffee; and add a few drops of vanilla extract, or flavoring of your choice.
- *** For fruit shake, mix in blender: 1 c. skim milk + 1/2 large banana (or 1 portion of fruit of your choice) + ice cubes for thickening.



KEY			
~	= approximately	SF	= sugar free
c.	= cup	Sk.	= skim
ea.	= each	Tbsp.	= tablespoon
FF	= fat free	Tsp.	= teaspoon
LF	= low fat		